DR. JOHN WILLIAMS'

LAST

LEGACY;

OR,

THE USEFUL

FAMILY HERBAL.

FIFTH EDITION.

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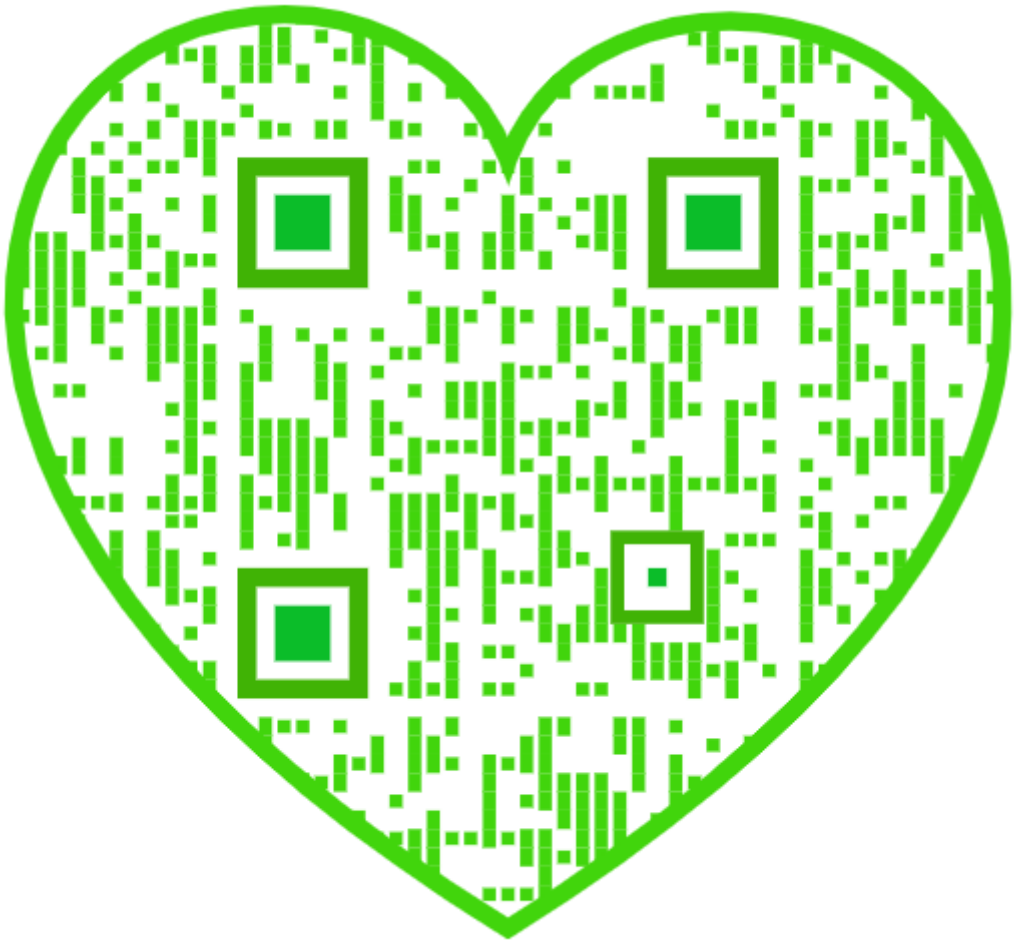

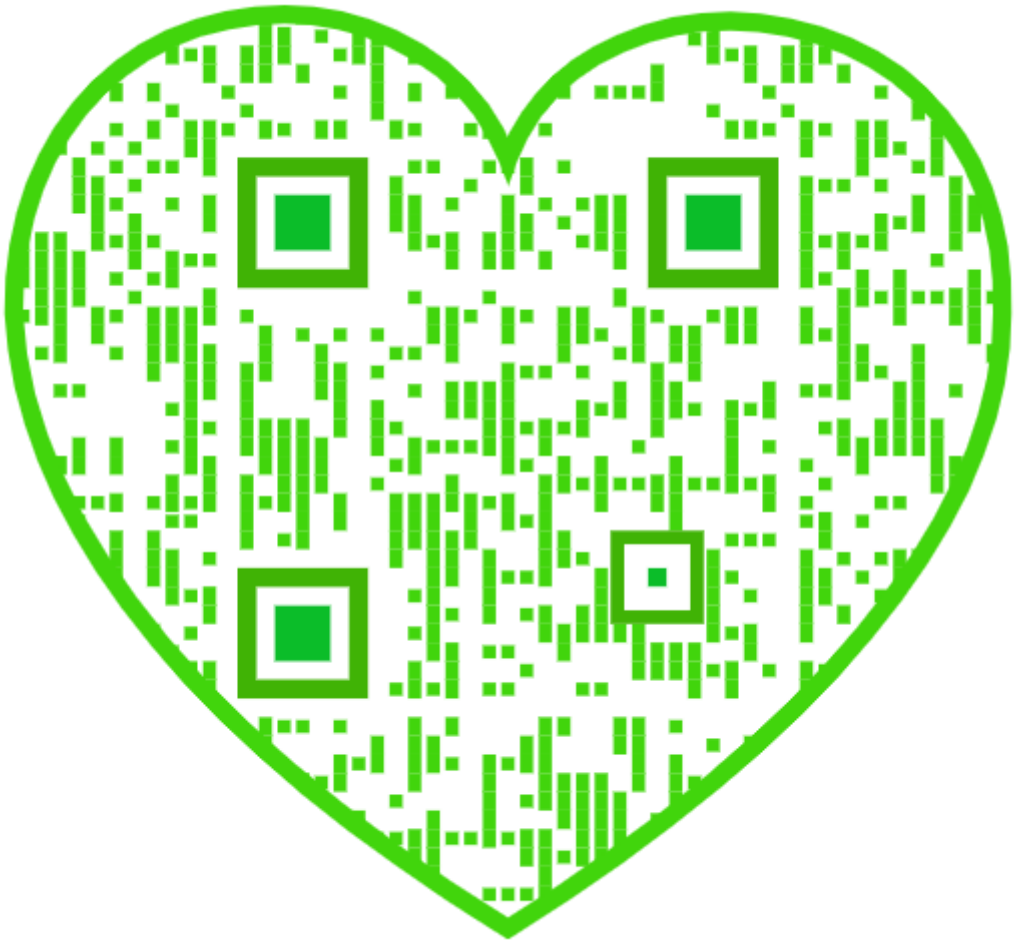

PREFACE.

THE author of this little book has a desire to leave something for the good of his fellow creatures, and being sensible of soon retiring from time, and seeing no other opportunity to benefit the rising generation, hopes it will be kindly received,—being a true and faithful statement of each Medicine and Cure.—It has been carefully minuted according to his own knowledge, and not from hearsay.—He has endeavored to state the true nature and virtue of each vegetable; and they may be used with the greatest safety and advantage. JOHN WILLIAMS.

HERBAL.

1. *For the King's Evil.*

The King's Evil may be cured by a plant called King's Evil Weed. It grows in wild shady land, under almost all kinds of timber, and in the form of a plantain, but the leaves are smaller, and are spotted, green and white—a very beautiful plant. When it goes to seed, there comes up one stalk in the middle of the plant, six or eight inches high, and bears the seed on the top of the stalk in a small round bud.

Take this, root and branch, pound it soft, apply it to the tumour for a poultice or salve, and let the patient drink a tea made of the same for constant drink. If the tumour is broken, simmer the root and leaf in sweet oil and mutton tallow; strain it off, and add to it beeswax and rosin until hard enough for salve. Wash the sore with liquor made of the herb boiled, and apply the salve, and it will not fail of a cure.

2. *The best remedy for Rattles in Children.*

Take blood root, powder it, give the patient a small tea spoonful at a dose; if the first does not break the bladder in half an hour, repeat again three times. This has not been known to fail curing.

3. *Valuable remedy for the Bilious Cholic.*

Take of West India rum, one gill, of West India molasses, do., of hogs' lard, one gill, and the urine of a beast, one gill; simmer them well together. This composition will seldom fail of performing an effectual cure for life.

4. *For a Felon.*

Blue flag root and wild turnip root, a handful of each, stewed in half a pint of hog's lard—strain it off—add to it four spoonfuls of tar, and simmer them together. Apply this ointment to the felon till it breaks. Add beeswax and rosin to the ointment for a salve to dress it with after it is broken. This is an infallible cure without losing a joint.

5. *For the Salt Rheum.*

Take swamp sassafras bark, boil it in water very strong, take some of the water and wash the part affected; to the remainder of the water add hogs' lard, and simmer it over a moderate fire till the water is gone. Oint the part affected after washing; continued four days, it never fails of a cure.

6. *Salve for a Burn.*

Take wild lavender, the green of elder bark, camomile and parsley, and stew them in fresh butter; strain off, and add to it beeswax, rosin and white diacalon, equal parts.—If a burn is of long time standing, and discharges very much, take mutton suet before it is tried, pound it up with chalk to the consistence of salve. This cures the most inveterate old sores of the kind.

7. *The best Salve for women's sore breasts ever found.*

Take one pound of tobacco, one pound spikenard, half a pound cumfrey, and boil them in three quarts chamber lye till almost dry; squeeze out the juice, add to it pitch and beeswax, and simmer it over a moderate heat to the consistence of salve. Apply it to the part affected.

8. *An Ointment to supple stiff joints and shrunk sinews.*

Take a pound of hogs' lard, put into it a small handful of melolat (or melilot) green, stew it well together, strain it off, add to it one ounce rattle snake's grease, do. of olive oil, and ten drops of oil lavender, mixed well together. Oint three times a day, and rub it in well with the hand.

9. *Valuable cure for inveterate old Sore Legs.*

Take the bark of cavron wood or shrub maple, boil it very strong, take part of the liquor and boil it down to a salve, and wash the part affected every time it is dressed.—Apply new salve twice a day. Make a tea of the same, and drink three times a day.

10. *To cure the bite of a Rattle Snake.*

Take green hoarhound tops, pound them fine, press out the juice, let the patient drink a table spoonful of the juice, morning, noon, and night, or three times in twenty-four hours; apply the pounded herbs to the bite, and change them twice a day. The patient may drink a spoonful of sweet olive oil. This seldom fails curing.

11. *Cure for the Itch.*

Take half a pound of hogs' lard, four ounces spirits turpentine, two ounces flour sulphur, and mix them together cold; apply it to the ancles, knees, wrists and elbows, and rub it on the palms of the hands, if there be any raw spots; apply a little three nights when going to bed.

12. *The red salve for Swellings in formation.*

Take linseed oil, one pound, sweet oil or fresh butter, half a pound, red lead, one pound, boil them together, stir it boiling, then slack the heat and add to it two pounds of beeswax, one pound of rosin, and stir them together till cold.

13. *Foote's Ointment.*

Take one pound of hogs' lard, one pound of mutton tallow, half a pound oil spike, and heat them over a moderate fire until united; then add as much beeswax and rosin as will make it to a salve,—the renowned Foote's Ointment. This eures all common sore where there is no inflammation.

14. *A certain cure for Corns on the feet or toes.*

Take white pine turpentine, spread a plaster, apply it to the corn, and let it stay on till it comes off itself. Repeat this three times—it never fails curing.

15. *A cure for Warts on any part of the body.*

Make a strong solution with corrosive sublimate, and wet the wart with it three or four times a day—it never fails curing.

16. *An excellent Family Bilious Pill.*

This pill, made frequent use of, prevents all kinds of fevers. Take one pound sweet rind aloes, four ounces jalap, four ounces pulverised blood root, two ounces cloves and two ounces saffron, and beat them all to a fine powder; pill them with molasses—mix them well in a mortar. The common way of using them is to take every night one, of the bigness of a pea, if you have a bilious habit; but if you wish them to act as a physic, take four or five on going to bed. They give no pain in the operation.

17. *For the Tooth-ache, if the tooth be hollow.*

Take gum opium, gum camphor, and spirits turpentine, equal parts, rub them in a mortar to a paste, dip lint in the paste and put it in the hollow of the tooth every time after

eating. Make use of this three or four days, and it will generally cure the tooth from ever aching.

18. *For the Bilious Cholic.*

Take the abovementioned bilious pill, add to it half the weight in calomel, give four or five pills and repeat the dose, and it is a certain cure for the bilious cholic. Or take mandrake roots, dried and pulverised: a large tea-spoonful is a dose. This must be repeated several times.

19. *A sure cure for the Canker in the mouth.*

Take one pound of fresh butter, put it into an earthen vessel well glazed, set it on the fire, and let it boil; while boiling, add to it four common green frogs—put them in alive, let them stew until the frogs are dry, then take them out, and add to it a little camomile and parsley; when cold, stir in a little burnt alum, pulverised, and if the fever is high, give a little rattlesnake's gall, dried in chalk. This will cure the most inveterate canker in the mouth, throat, or stomach.

20. *A medicine to cure inward Ulcers.*

Take sassafras root bark, two ounces, coltsfoot root, two ounces, blood-root, one ounce, gum myrrh, one ounce, winter bark, one ounce, Socotrine aloes, one ounce; steep them in two quarts of spirits, and drink a small glass every morning, fasting.

21. *For Cramp in the stomach, or any inward part.*

Take ten drops of the oil of lavender on sugar or in wine. Repeat the dose once an hour if required.

22. *A cure for the Flying Rheumatism.*

Take prince's pine tops, horse radish roots, elecampane roots, prickly ash bark, bitter-sweet bark off the root, wild cherry bark, and mustard seed,—a small handful of each; —one gill of tar water into one pint of brandy, or the same proportion. Drink a small glass before eating, three times a day.

23. *Valuable remedy for Wind Cholic in women and children.*

Take equal parts of ginseng and white root, half as much calamus or angelica seeds, dry them, pound them very fine, and mix them together; a tea-spoonful is a dose for a grown person,—for children, less, according to their age.—

Repeat the dose once in half an hour, if required. It rarely ever fails.

24. *For a hectic Cough.*

Take three yolks of hens' eggs, three spoonfuls of honey, and one of tar, beat them well together, and add to them one gill of wine. Take a tea-spoonful three times a day, before eating. Or a syrup made of barley, turnips and elecampane; boil them in fair water, three quarts to one pint of barley, one pound of turnips, four ounces of elecampane; boil it down to one pint, and add to it one pound of honey or loaf sugar, and half a pint of brandy. A table spoonful is a dose, three times a day. Or wild liquorice, half a pound, brook liverwort, half a pound, elecampane, two ounces, Solomon's seal, four ounces, spikenard, half a pound, gumfire, four ounces, boiled in four quarts of water to one; add to it two pounds of honey and one pint of old spirits. Half a glass is a dose before eating.

25. *For the Erysipelas, or St. Anthony's Fire.*

Make egg wine rich and good for drinking; drink a part of it, and wash the part affected with the other part. This is a valuable remedy.

26. *For the Rheumatism in the loins.*

The oil of sassafras, used internally and externally; ten drops on loaf sugar is a dose. Oint the part affected with the same. Repeat it as often as needful. Or sit over hemlock boughs and drink poke berries in brandy for three weeks every day. Only seat three times. Or shower with cold water, and drink brandy all the time. Or drink brandy, and bathe the part affected with salt and rum, hot as can be borne, by a fire. Repeat it six days.

27. *For the Quinsy.*

Bleed under the tongue, in the first stage of it, and sweat the throat and neck with carduus, a thorny herb, growing in gardens. Boil it in milk and water, and sweat powerfully three or four times. This has not failed in one instance to cure.

28. *Remarkable plaster to ease the pain of felons, or frog felons, or any such Tumour, on the hands or feet, or elsewhere.*

Get a pitch pine knot from an old log, the side next to or in the ground; split the knot fine, boil out half a pound

of pitch; take four ounces of strong tobacco, boil it in water, strain out the tobacco, boil the liquor until it is thick, then add the pitch to the liquor, simmer it over a moderate heat, and stir it all the time till it form a salve altogether. If the swelling be on the hand or finger, lay the plaster on the wrist; if on the foot or toe, lay the plaster on the ancle; or wherever it may be, lay, it above the next joint.—This will take out all the pain in a short time. Dress the sore with any other salve that is best. This cure is infallible.

29. *For the Phthisic.*

Take four ounces of hens' fat, and a seed bowl of skunk cabbage, that grows at the bottom of the leaves, close to the ground, cut it fine, stew it in the fat till it is dry, then strain it off. A tea-spoonful is a dose to take three times a day. Make a syrup of white swamp honey-suckle blossoms and queen of the meadow roots, sweetened with honey; add to it a quart of syrup, and half a pint of brandy.

30. *To cure a Wen.*

Take clean linen rags and burn them on a pewter dish, gather the oil on the pewter with lint, and cover the wen with it twice a day. Continue it for some time, and the wen will drop out without any further trouble.

31. *An excellent remedy for the Asthma.*

Take spikenard root, two ounces, sweet flag root, two ounces, elecampane root, two ounces, common chalk, two ounces; beat very fine in a mortar, add to it a pound of honey, and beat it well together. A tea-spoonful is a dose three times a day.

32. *Excellent pill for the Hysterics.*

Take a quantity of white root, otherwise called Canada root—boil it in fair water—when it is boiled very soft, strain out the roots, and boil the liquor to the consistence of a thick paste, so that it may be pilled. Let the patient take two or three pills at a dose when the disorder is coming on.

33. *Cure for Bleeding at the Stomach.*

Take a pound of yellow dock root, dry it thoroughly, pound it fine, boil it in a quart of sweet milk, strain it off, and drink a gill three times a day. Take also a pill of white pine turpentine every day to heal the vessels that leak.

34. *For the Dropsy.*

Take half a pound of blue flag root, half a pound of elecampane root, boiled in two gallons of fair water to one quart, sweetened with one pint of molasses. Let the patient take half a gill three times a day, before eating.

35. *For the Canker Rash.*

White birch root, pulverised very fine, given in small doses three or four times a day. Make a tea of the same, for constant drink. For the fever, give rattlesnake's gall, three grains at a time.

36. *For any Hemorrhage of the blood.*

Take a handful of bloodweed—it grows in old fields, and is called by some horsetail, or white top; is about waist or shoulder high, one stalk from the bottom, and has a very bushy top—when it is green, pound it, presss out the juice, and give the patient a table spoonful at a time, once an hour until it stops; if it be dry, boil it strong, and give tea, very strong, three or four spoonfuls at a time.

37. *Cure for the Gravel in the bladder or kidneys.*

Make a strong tea of the herb called heart's ease, and drink of it plentifully. Or take the root of Jacob's ladder, make a very strong tea, and drink freely: It is a most certain remedy. Jacob's ladder is a vine that often grows in rich interval soil, near a wood or bush that stands near grass land. It comes up with one stalk about breast high, then springs off into a number of branches covered with green leaves, and the fruit is a large bunch of black berries; when ripe, the bunch hangs down under the leaves by a small stem. This is proved to be the best cure that has been found.

38. *Valuable remedy for the Piles.*

If the piles are outward, make an ointment of camomile, sage, parsley and burdock, the leaves of each—simmer them in fresh butter, or hogs' lard and sweet oil. Anoint the parts with it, and drink tar water, half a gill three times a day. But if they are inward, or blind piles, drink tar water twice a day, and essence of fir every night going to bed, half a small glass. This effects a cure in about two months.

39. *For the Tooth-Ache, if the tooth be hollow.*

Put into the hollow a piece of blue vitriol, as much as

the hollow will contain. Repeat it for several days, and it will kill the marrow.

40. *For the common Canker in children or adults.*

Take canker root, or cold water root,—so called because used with cold water,—wash the root, pound it, steep it in cold water, wash the tumour with it, and drink of it.—This root grows in rich soil, in meadows, by fences, stumps or log heaps. It comes up with a stalk from the ground, a yard or two high, and then branches out very large. Its leaf is like clover. The top of the root is yellow as gold, in a bunch, then branches out into many fibres, some like plantain.

41. *For the Hooping Cough.*

A syrup made of elecampane root and honey,—four ounces of the root to half a pint of honey. Bake it in a well glazed earthen pot, in an oven half hot. If the root be green, it needs no water; if dry, add half a pint of water. A tea-spoonful of the syrup for a small child, (add a little, if older,) three times a day.

42. *For Rickets in children—(in the bowels.)*

One ounce of rhubarb, powdered in one ounce of cinnamon, put into one quart of wine or brandy. If a child is a year old, it may take a table spoonful at a time; if older, take more, to half a gill for an adult. If any part of the body is affected with the disorder, bathe the part with brandy, and drink turkey root, steeped in wine, three or four times a day.

43. *Sure remedy for women's Sore Nipples.*

When the infant stops sucking, apply a plaster of balsam fir. It will cure in three or four days.

44. *Cure for itching heels or feet, or ribbed heels.*

Take any kind of tallow, and tallow the part affected with it, and rub it in by a hot fire, at night, on going to bed. Repeat it three or four times.

45. *Preservative against all sorts of bilious Fevers.*

The fulness of bile is the cause of all sorts of fevers, and jaundice, bilious cholic, and cholera morbus. Physic often with blood-root and mandrake root mixed together, once a quarter, and make small beer with elder roots, spruce boughs, burdock roots, hops, white ash bark, sarsaparilla

roots, and spikenard. Make a bitter with unicorn roots and bark, white wild roots, and the yellow dust of hops.—If a family will continue this method, they will never be troubled with fevers.

46. *For Convulsion Fits.*

Take convulsion roots, make a tea of them and drink, or powder them and take the powder in small doses. Convulsion root grows in timber land, and comes up in July, with a bunch of white stalks about six or eight inches high, with a little knob on the top. It has no leaves.—The top and root are for use. The root is a bunch of small fibres, very numerous, and full of little knobs about the size of mustard seed, and they grow just under the leaves.

47. *For the Consumption.*

Take half a bushel of barley malt, put it into a large tub, take six pails of water, make it boil, pour it on the malt, let it stand six hours, take half a bushel of white pine bark, one pound spikenard roots, one pound Syria grass, boil them in the water that the malt is soaked in, half away, then put it into a keg, add yeast or emptyings to it, let it ferment, then bottle it up, and drink one pint a day.

48. *For the Quinsy in the throat.*

Sweat the throat with spotted carduus boiled in milk and water, by holding a pot of it under the throat as hot as can be borne, and hold some of it in the mouth, and when the swelling is gone down, wear a piece of black silk about the neck constantly, and it will prevent the quinsy from coming again.

49. *For Swellings that come of themselves.*

An ointment of alder tags and sugar of lead, simmered in hogs' lard, and melilot and saffron, simmered all together. Strain off, and anoint the part affected; it will scatter the swelling, if taken in time. Give the patient something to guard the stomach before ointing.

50. *Excellent Poultice for old inveterate Sores.*

Scrape yellow carrots, wilt them on a pan or fire shovel, very soft. It takes out the inflammation and the swelling; and is an excellent poultice for a schirrous breast.

51. *Excellent Medicine for inward Hurts or Ulcers.*

Take elecampane, comfrey, spikenard, masterwort, an-

gelica, and ginseng roots, of each a pound; boughs of fir, two pounds; camomile, one pound;—put them into a still with a gallon of rum and two gallons of water; draw off six quarts, drink a small glass night and morning.

52. *Another excellent Essence, good for all sorts of inward weakness, inward fevers, coughs, or pain in the side, stomach, or breast.*

Take twenty pounds of fir boughs, one pound of spikeard, four pounds of red clover; put them into a still with ten gallons of cider; draw off three gallons, and drink half a gill night and morning.

53. *For the Diabetes.*

Take a wether sheep's bladder, put it into a glass bottle that will hold about a quart, fill it up with good Madeira wine, and let it stand forty-eight hours, then drink three or four times a day, about half a gill at a time. A deer's bladder is preferable.

54. *For stoppage of Water.*

Take a spoonful of honey bees, as much buds of currant bushes, steep them in hot water very strong, and drink two spoonfuls at a time every half hour.

55. *For Sore Eyes.*

White vitriol, one tea-spoonful; sugar of lead, one do.; gun powder, two do. to one quart of fair water, mixed and shook well together, six or eight times. Wash the eyes three times a day—an infallible cure.

56. *For the Dropsy.*

Sassafras bark of the root, one pound; prickly ash bark, one pound; spice wood bush, half a pound; three ounces of garlics, four ounces of parsley roots, four ounces of horse radish roots, four ounces of black birch bark—boil all in three gallons of malt beer. Drink a gill three times a day.

57. *To stop a Fever Sore from coming to a head, and carry it away.*

Sweat it with flannel cloths dipt in hot brine. The cloths must be changed as often as they are cold, for three hours; then, washed in brandy and wrapt in flannel, repeat it three or four times.

58. *To stop Puking.*

Take gum camphor, pound it, pour on boiling water, and

let the patient drink a spoonful every ten minutes. It must be sweetened with loaf sugar. Or take a handful of green wheat, or green grass, pound it, pour a little water on it, press out the juice, and let the patient drink a spoonful once in ten minutes.

59. *For the Lock-Jaw.*

When any person is taken with the lock-jaw, give him five grains of Dover's powders; then set him in a tub of water hot as he can bear it; bathe his head with camphorated spirits; let him sit or stand in the water as long as he can bear it without fainting, and bleed him if possible.—Repeat this three or four times: when out of the water, put him in a warm bed, wrapped in flannel.

60. *For the Numb Palsy.*

When a person is taken with the numb palsy, let blood freely if possible; give a table spoonful of flour of sulphur once an hour; bathe the part affected with spirits of hartshorn; take one pound of roll brimstone, boil it in 4 quarts of water to one quart; let the patient drink a table spoonful once an hour. If applied early, it will finally cure.

61. *To cure Vegetable Poison, running ivy, poison elder, or any other.*

Take rosemary leaves or blossoms; make a tea of them to drink morn and night, like bohea tea or any other. Or take wild turnips; if green, pound them and press out the juice; if dry, boil them in fair water; wash the part affected with the clear liquor. Take part of the liquor, add to it a little saffron and camphor, and drink, to cleanse the fluids and guard the stomach.

62. *For the Spinevantosey, that comes in the breast.*

Take spikenard root, cumfrey root, yellow oak bark, and tobacco; boil them in water, strong; take out some of the liquor to wash the tumour; add to the rest hog's lard or mutton tallow, beeswax and rosin; simmer it over a slow fire, stir it constantly until it is salve, apply it to the sore, and physic with mandrake roots three or four times; bleed once.

63. *To cure inward Ulcers.*

Sassafras root bark, two ounces; coltsfoot root, two ounces; blood-root, two ounces; gum myrrh, one ounce—steeped in two quarts of spirits. Drink a small glass eve-

ry morning. Live on simple diet as much as possible.—For constant drink, make a beer of barley malt, one peck; spikenard root, two pounds; cumfrey root, one pound; burdock root, two pounds; black spruce boughs, five pounds; angelica root, one pound; fennel seed, four ounces—for ten gallons of beer. Drink one quart a day. Let your exercise be light.

64. *For the Catarrh in the head.*

Take yellow dock root, split it and dry it in an oven; blood-root and scoke root, four ounces of each; cinnamon, one ounce; cloves, half an ounce—pound them very fine, and let the patient use it as snuff eight or ten times a day. Every night smoke a pipe full of cinnamon mixed with a little tobacco, and sweat the head with hemlock, brandy, and camphor. Pour a little camphorated spirits and brandy into the hot liquor to sweat.

65. *For an Inflammation of the head.*

Take red beets, pound them very fine, press out some of the juice, let the patient snuff some up into the head, and make a poultice of the beets, and lay it on the mould of the head. For the fever, use rattle-snake's gall, cream tartar, and head bitney. Bleed as often as once a day—Physic with deerweed root, or wild mandrake root, with a little blood-root. Keep strong drafts to the feet.

66. *To take a Film from a person's eye.*

Take sugar of lead, make it very fine; take an oat straw, and cut it short, so as to be hollow through; dip the end of the straw in the powder, and blow a little of it into the film morning and night. After the film is almost consumed, apply to it a drop of hens' fat once a day until it is well.

67. *To cure a Breach or Burst on the body.*

Take four or five snails, that crawl about on old rotten wood; you may often find them under loose bark that is moist, or on old logs or stumps. Collect a parcel of them—enough to cover the breach; lay them on a linen cloth, bind them on, and repeat it as often as the snails are dry. Let the patient drink turkey root, cinnamon, cloves and maize, made in a tea, or steeped in wine, three or four times a day. This, well attended to, will perform a cure.

68. *To cure a Schirrous Jaw, or Swelled Face, or the Scurvy in the mouth or teeth.*

Take prince's pine and scurvy grass, boil them in water, add to it rum and honey, hold it in the mouth as hot as it can be borne, and boil a large quantity of the herbs, and sweat the head over it.

69. *Receipt to make the best Turlington's Balsam.*

This balsam of life is a most excellent medicine in consumptive complaints, and also for weakly females in all stages of life. For a fevery stomach, let the patient take 13 or 14 drops in a small glass of wine in the morning, fasting. It strengthens the stomach, and kills the fever. It is good for pain in the stomach or side, nourishes weak lungs, and helps a small hooping cough. This balsam is made thus: —gum benzoin, four ounces; gum storax callimtee, three ounces; balsam Tolu, one ounce; gum aloes Socotrine, one and a half ounces; gum albanum, one and a half ounces; gum myrrh, one and a half ounces; angelica root, two ounces; Johnswort tops, two ounces. Pound all these together, put them into three pints of rectified spirits of wine in a glass bottle, let them stand in the spirits four weeks in a moderate heat, and shake them once a day—then strain it off, and it is fit for use: if the gums are not all dissolved, add a little more spirits to the same; shake it and let it stand as before.

70. *For a Relaxation of the Gut or Fundament in children.*

Break two or three hens' eggs, part the white from the yolk, take the yolks and put them into a frying pan washed clean from grease, set them over a slow fire, let them stand awhile, then turn them over and squeeze them until the oil comes out. Be careful not to burn them. Collect the oil, anoint the gut when it is down, then boil an egg very hard, let it be whole, and whilst it is warm wrap it in a linen cloth, and bind it on the fundament after you have put up the gut.

71. *For the common Phthisic in children.*

Take four ounces of Seneca snake root, four ounces of spikenard, four ounces of parsley root, and two ounces of liquorice stick—boil them all together in four quarts of water; strain it off, sweeten with loaf sugar or honey, and let the patient drink a small glass night and morning.

72. *For a Shrunk Sinew or a Stiff Joint.*

Half an ounce of yellow basilicon, half an ounce of green melilot, half an ounce of oil amber, and a piece of blue vitriol as big as a chestnut;—simmer them together to a salve or ointment, and apply it to the part affected, and the joint above. Repeat it often and it will perform a cure.

73. *For the Rheumatism.*

Take a handful of prince's pine, a handful of horse-radish roots, elecampane roots, prickly ash bark, bittersweet root bark, wild cherry bark, mustard seed, and a pint of tar water, put into two quarts of brandy. Drink a small glass every morning, noon and night, before eating. Bathe the part affected with salt and rum by a warm fire.

74. *Remedy for Weakness in the Urine Vessels, for children who cannot hold their water.*

For those so troubled, take two ounces of good red bark, and steep in one quart of wine 24 hours; let the patient (if two or three years old) drink a table spoonful—if older, a little more at a time. Or red beech bark, taken off a green tree; dry it well, pulverise it fine, and use it the same way.

75. *For the Nose Bleed.*

Take the common nettle roots, dry them, carry them in the pocket and chew them every day. Continue this three weeks.

76. *To cure a Consumptive Cough, or Pain in the Breast.*

Take a spoonful of common tar, three spoonfuls of honey, three yolks of hens' eggs, and a half pint of wine—beat the tar, eggs and honey well together in a dish, with a knife or spoon. Bottle it up for use. A tea-spoonful is a dose, morning, noon and night, before eating. Use barley tea for constant drink.

77. *For weakly obstructions in the Female Sex.*

Heart's ease herb, spikenard roots with the pith out, a small part of blood-root, turkey root, wild liquorice, a few roots of white pond lilies, and a good parcel of female flowers, so called—[it often grows by the sides of ponds, and has a leaf and blossoms some like cowslips, but it grows single, one root or stalk by itself, and some smaller than the cowslip; the leaves are green, and the blossoms yel-

low. This is one of the finest roots for the female use in the world.] Use double the quantity of this, and equal parts of the others—make a syrup of them; boil them in fair water until the substance is out; then strain it off, and sweeten it with honey, and add as much rum to it as will keep it from souring. Drink half a gill on going to bed every night. This will strengthen the system, and throw off all obstructions. It is best for persons so complaining to wear a thick piece of flannel on the small of the back.

78. *For Children troubled with Worms.*

There are many things helpful to children troubled with worms. Take the bark of witch-hazle, or spotted alder, steep it in a pewter vessel, let it boil on a moderate heat very strong: a child of a year old can take a table-spoonful—if older, more, according to the age. Let them take it four or five times a day for several days. It is sure and safe. Or take sage, powder it fine, and mix it with honey—a tea-spoonful is a dose. Sweetened milk, with a little alum added to it, is very good to turn the worms.—Flour sulphur, mixed with honey, is very good for worms. Take a piece of steel, heat it very hot in a smith's fire, then lay on it a roll of brimstone, melt the steel, let it fall into water, and it will be in round lumps; pound them very fine, and mix the dust with molasses—let the child take half a tea-spoonful night and morning, fasting. Or wild mandrake roots, dried and powdered, mixed with honey—give a child of a year old as much of the powder as will lie on a sixpence; take it in the morning, fasting, three or four times successively. If a child is taken with fits, by reason of worms, give as much paregoric as the child can bear; it will turn the worms, and ease the child. To prevent children from having worms, let them eat onions raw or cooked—raw ones are best. Salt and water is good to turn worms; and giving a dose or two of flour sulphur, mixed with molasses or honey, afterwards, brings off the worms without any thing else.

79. *A cure for the Polypus.*

Two ounces of dried blood-root, pounded fine; a quarter of an ounce of calix cinnamon; two ounces of scoke root—snuff it up the nose; it will kill the polypus. Then pull it out with a pair of forceps, and use the snuff until it is cured. If the nose is so stopped that it cannot be snuffed,

up, boil the same, and gargle it in the throat, and sweat the head with the hot liquor, till it withers so as to use the snuff.

80. *For a Frog under the tongue.*

When the frog is first perceived, take weak lye and hold it in the mouth as hot as can be borne; and if it is grown tough, touch it in three or four places with caustic until it is sore—then apply the lye.

81. *For childbed Fevers.*

In childbed fevers, take rattle-snake's gall, five grains malitel, sweat balm tea, once an hour until the fever abates; and every time the fever rises continue the same. Keep the body loose.

82. *Cure for Phthisic.*

Roast three egg shells brown—pulverise them rather coarsely; mix with half a pint of molasses, and take a spoonful morning, noon and night. The cure is certain, unless the disease is hereditary.

83. *For the Dysentery.*

Half an ounce of pomegranate bark, pulverised & steeped in a pint of wine, or good cider, and taken a gill at a time, before eating.

84. *Valuable remedy for the Dysentery and Bloody Flux.*

Take of white pine bark after the ross is off, three pints; of water, three pints; let it simmer down to one quart; strain it off; add half a pint of West India rum, and half a pint of West India molasses. The whole composition for a grown person—half for a child. This remedy is simple, but may be depended on as effectual: it will seldom if ever fail.

85. *To destroy Worms in a safe and sure way.*

Take a large tea-spoonful of the rust of tin; mix it with a table spoonful of molasses. This is a valuable remedy—it may be given in sickness or health.

PROPERTIES AND USES OF VEGETABLES.

I would wish to give the true nature of all sorts of Vegetables that I have mentioned in the foregoing work.

Catnip is a warm herb, of a diaphoretic or sweating nature.

Pennyroyal is much the same, only more powerful. It retains a very powerful pungent oil.

Spearmint is pungent and hot, but of an astringent nature.

Calamint is much the same, but not so strong.

Hoarhound is very strengthening to the lungs, and is somewhat of a pectoral. It is excellent in a cough, or stoppage in the stomach.

Everlasting, or *Indian Posey*, is a very balsamic herb—healing and cooling, and excellent in salves or ointments.

Johnswort is much the same.

Pea Balm is a cooling and sweating herb, and is good in fevers and inflammations.

Camomile is a great restorative to the lungs, and promotes perspiration. It is good in salves and ointments to take away swellings

Mayweed is of a pectoral nature, and is good for a pain in the side.

Garden Coltsfoot is a great restorative to the lungs, and is good in syrups for coughs.

Melilot is good in salves and ointments for swellings and inflammations. It is mollifying and cooling.

Sage is the greatest restorative to human nature of any herb that grows. *Parsley* is very cooling and softening.

Bloodroot is a very powerful puke or purge: steeped in spirits, it will serve for a puke; and boiled in fair water, it serves as a purge.

Mandrake roots are an excellent physic, dried & pounded.

Comfrey and *Spikenard* are so well known that they need no describing. *Wild Jenton* is a strong purge, boiled.

Elecampane is good in coughs, yet it is an astringent.

Cranesbill is an astringent, and excellent in cankers.

Whiteroot is of a physical nature, and is good to remove wind pent in the stomach, or part of the bowels.

Sassafras root is good for the blood—likewise *Sarsaparilla*, *Horse Radish*, *Burdock roots*, *Elder roots*, *Hop roots*, and *Wild Coltsfoot*, are good as pectorals.

White and *Yellow Pond Lily roots*, the same.

Winter's Bark. This is the product of one of the largest trees on Terra del Fuego. It is good in dropsy and scurvy

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ADVERTISEMENT.

THE Author of this work is a native of New York, and now resides in Washington county, in the easterly part of the state. He has for the most part of his life been engaged in the deepest study for restoring the health and preserving the lives of his fellow creatures. For the attainment of this object, he has travelled. To this end he has laboured, and for years has he applied himself in the wilds of America, among the natives of the forest, where he has undergone all the horrors and deprivations incidental to savage life, in order to collect and bring together that knowledge which should be instrumental in saving the lives and preserving the health of his fellow creatures.

Whilst among the Indians, the Author was a particular inmate and confidant of a native Indian, who had been instructed in all the arts of civilized life, and had the advantages of a liberal education, being a regular bred physician in the medical department of the Pennsylvania University, established at Philadelphia, at once the most flourishing and respectable institution of the kind in the United States, and hardly excelled by any in Europe. While with this Indian, the Author of this work had not only an opportunity of learning the Indian method of treating disorders, and the medical virtues of the vegetable kingdom, but likewise of gaining much literary and scientific knowledge.

It is true, that Nature has provided in her minerals, animals, and vegetables, an effectual remedy, if administered in season, for all the disorders incident to the human system. Of the two latter, the Author has treated more particularly in this work, omitting mineral substances generally on account of their poisonous quality, and which he thinks in a great measure ought to be laid aside.

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